

**NOVEMBER/DECEMBER 2012**

# SENIOR SPOTLIGHT

**Westminster Senior Center**

**8200 Westminster Blvd. Westminster, CA 92683**

**(714) 895-2878**

**[www.westminster-ca.gov](http://www.westminster-ca.gov)**



You are invited to our Annual

# Holiday Party



Thursday, December 13th

11:00 a.m.



\$4.00 Donation

Entertainment by:

Marina High School Viking Choir



## Westminster Senior Services Team

### MAYOR & CITY COUNCIL

#### MAYOR

Margie L. Rice  
(714) 548-3183

#### MAYOR PRO TEM

Tri Ta  
(714) 548-3179

#### COUNCIL MEMBER

Tyler Diep  
(714) 548-3179

#### COUNCIL MEMBER

Frank Fry  
(714) 548-3181

#### COUNCIL MEMBER

Andy Quach  
(714) 548-3182

#### DEPARTMENT LINE

(714) 548-3240

### CITY MANAGER & COMMUNITY SERVICES

City Manager  
Eddie Manfro  
(714) 548-3172

### COMMUNITY SERVICES DIRECTOR

Diana Dobbert  
(714) 895-2860

## Westminster Senior Center Foundation

### BOARD OF DIRECTORS

President	Owen Eames	(714) 894-3129
Vice President	Bernie Alegre	(714) 928-5083
Secretary	Teresa Veldof	(714) 878-2914
Treasurer	Marion Aguirre	(714) 895-3872
Member	Vince Agor	(714) 897-6252
Member	Theresa Gremling	(714) 897-7459
Member	Marie Velardo	(714) 337-1382
Member	Joanne Vogelsang	(714) 897-0772
Member	Joy Williams	(714) 969-8861

## Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR Claire Hutchinson

NUTRITIONIST Maribel Avilez

VAN DRIVERS John Conrekas,  
Bertha Lara,  
John Christenson

HEALTH CARE NURSE Jane Herin

PROJECT S.H.U.E. DIRECTOR Rachael Christenson

The Westminster Senior Center Foundation is a nonprofit Public Benefit Corporation. Its mission is to maximize the quality of life among the senior citizen population of the City of Westminster through the support of the Westminster Senior Center and its Programs.

## From the Senior Center Supervisor

### Holiday Greetings!

It's hard to believe 2013 is around the corner. We have a lot of events taking place in the next two months. Our Fall Auction will take place November 13th-November 15th with closing bell at 1:00 p.m. All proceeds support the programs at the Senior Center. We will honor our Veterans on Monday, November 12th with entertainment. Please join us for our Thanksgiving and Holiday Celebrations. There will be a Craft Fair the week of November 26th-November 30th in the lobby.

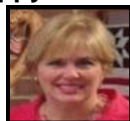
Please be sure to look through the Spotlight to see all of the activities available.

Be sure to look at all of the upcoming trips we will be offering next year. We will be cohosting trips with Costa Mesa from time to time.

I want to thank Emeritus at Valley View for sponsoring the September Birthday Cake and Emeritus at Brookhurst for sponsoring the October Birthday Cake. The cakes made the parties very special. Also, thank you to Lori Pappas at Uncle Pete's for supplying goodies to everyone at the Halloween Party. What a treat!

A big thank you to Humana Health Insurance for sponsoring our entertainment for Western Day and Halloween. The seniors really enjoyed the events.

As we approach the Holiday Season, I want to wish everyone a happy and healthy holiday season and to thank the staff and volunteers for all their hard work and dedication. Have a Happy New Year and we look forward to seeing you in 2013!



### Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020

### Words of Wisdom...

"The best things  
in life are silly."

-Scott Adams

### Coming Up...



January 2013:  
Tax

Preparation

Sign up early for free  
tax preparation  
starting in February



Bring Your Sweetie!  
Valentine's Day Party  
February 14th

## SENIOR CENTER PROGRAMS

### SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4<sup>th</sup> Thursday of each month.

#### Cost:

The suggested donation is just \$3.00 for our senior participants 60 and over. The cost for individuals under 60 is \$5.00.

### COMMODITIES



**Commodities Program** is held on the 2nd Wednesday of each month.

**NOVEMBER 14TH**  
**DECEMBER 12TH**

#### Hours:

**8:30 a.m.-11:00 a.m.**  
(or until food runs out)

#### Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bags.



## WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



### NUTRITION VAN

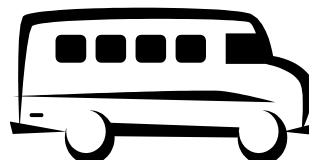
This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

#### SCHEDULE

Monday through Friday

**Morning Pick-Ups:**  
**8:00 a.m. to 9:00 a.m.**  
from your home to the Senior Center.

**Afternoon Returns:**  
**12:30 p.m. & 2:30 p.m.**  
from the Senior Center to your home.



### SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from **9:00 a.m.- 1:00 p.m.** After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

#### NOTE:

**NO SHUTTLE SERVICE ON FRIDAYS**

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



**WOW Questions?**  
**Call Bertha or John**  
**at**  
**(714) 895-2878**  
**ext. 3675**

# SENIOR CENTER ACTIVITIES

## CLUBS & GROUPS



### BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



**CHESS CLUB** meets Tuesdays at 7:30 a.m.



**BUNCO** meets on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 12:30 p.m.



### CRAFT LADIES

meet on Thursdays at 9:00 a.m.



### MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



### DINNER GROUP

Meets the 3<sup>rd</sup> Wednesday of each month at a local restaurant.



### POOL ROOM

is open five days a week and new players are welcome.



### RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



### YARN SPINNERS

crochet and knit on Mondays & Fridays 9:00 a.m.- 11:30 a.m. On Wednesdays 9:00 a.m. 4:00 p.m.



### NEEDLE WORK

meets Mondays at 9:00 a.m.



### MEXICAN TRAIN DOMINOS

meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month at 12:00 Noon



### SUDOKU

meets every Friday at 9:30 a.m.

## BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

### GAME TIMES:

**Mondays &**

**Wednesdays**

12:45 p.m. - 2:30 p.m.

**Fridays**

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

## MOVIES



### NOVEMBER

#### November 2nd

*"We Bought a Zoo"*

Matt Damon,

Scarlett Johanson

Runtime: 1 hr; 52 min

Rated PG (2011); Drama

#### November 9th

*"War Horse"*

Jeremy Irvine, Emily Watson

Runtime: 2 hours; 26 min

Rated PG-13 (2011); Drama

#### November 16th

*"Sabrina"*

Humphrey Bogart,

Audrey Hepburn

Runtime: 1 hr; 53 min

Rated NR (1954); Classic

#### November 30th

*"Jack and Jill"*

Adam Sandler, Katie Holmes

Runtime: 2 hours

Rated PG (2011); Comedy

*Fridays at 9:15 a.m.*

### DECEMBER



#### December 7th:

*"Footloose"*

Kenny Wormald,

Julianne Hough

Runtime: 1 hr; 53 min

Rated PG-13 (2011);

Musical

#### December 14th

*"The Lion in the Winter"*

Peter O'Toole,

Katherine Hepburn

Runtime: 2 hours; 15 min

Rated PG (1968); Classic

#### December 21st:

*"Dr. Seuss' The Lorax"*

Zac Efron, Taylor Swift

Runtime: 1 hour; 38 min

Rated PG (2012); Animated



## SENIOR CENTER ACTIVITIES

### SPECIAL EVENTS

#### DO YOU HAVE A SWEET TOOTH?



Our See's Candies  
Fundraiser ends  
November 16th!

Senior Center Lobby  
9:00 a.m. -  
1:00 p.m.

#### BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, & entertainment but the party will not start without YOU!



##### Dates:

November:

Thurs, 8th

December:

Thurs, 6th

##### Time:

11:00 a.m.

##### Place:

Dining Room

##### Cost:

\$3.00

Entertainment  
Included

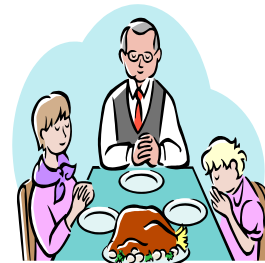
#### Join Us To Honor All Who Served



Monday,  
November 12th  
11:00 a.m.  
Dining Room

Patriotic Songs  
Performed by:  
Shaun Miller

#### Help A Family This Thanksgiving



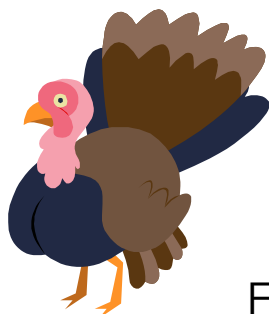
#### Project S.H.U.E. Canned Food Drive

November 1st-  
November 14th

Drop off your items in  
the box at the Front  
Desk

You're Invited to our Annual

## Thanksgiving Celebration

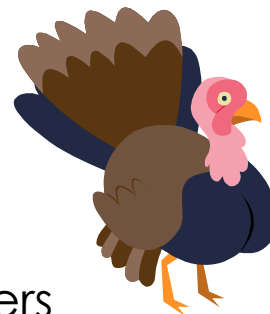


Thursday, November 15th  
11:00 a.m.

\$4.00 Donation

Entertainment by: Tony Odell Rogers

Tickets available at Front Desk



## SENIOR CENTER SERVICES

### ONGOING SERVICES



#### ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

##### When:

3<sup>rd</sup> Tuesday of every month

##### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



#### BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

##### When:

Every Thursday

##### Time:

9:00 a.m. - 11:00 a.m.



#### HICAP

(Health Insurance  
Counseling Advocacy  
Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

##### When:

2<sup>nd</sup> Monday of every month

##### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



#### LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

##### When:

2<sup>nd</sup> Tuesday of every month.

##### Time:

9:00 a.m. - 11:40 a.m.  
(by appointment only)



#### PODIATRIST

**Dr. Nancy Hayata** provides foot screening and consultation.

##### When:

1st Friday of every other month.

**Next Appt: Dec. 7th**

Appointments begin at 11:30 a.m.



#### INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

### Don't Be Scammed, Be INFORMED

Come to this informative session where **Assistant District Attorney Ted Burnett** discusses ways to avoid scams and fraud.



**Wednesday, December 12th**  
**10:00 a.m.**  
**Dining Room**

### SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members  
\$14 per person for non-members**

Classes will be held on the following dates:

**December 6th-7th, 2012**



**\*Pre-registration and payment are required at Front Desk before class dates.**

## SENIOR CENTER SERVICES

### NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis,

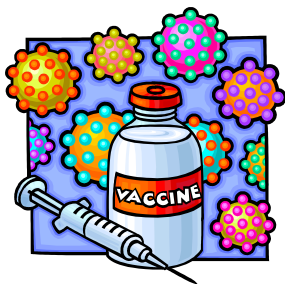
#### UPCOMING HEALTH TALK



**November 7th:**  
Brown Bag Day  
(Bring your medications)  
1:00 p.m.-4:00 p.m.

**December 5th:**  
Urinary Tract Infection  
11:00 a.m.

**Get the SHOT, not the FLU!**  
**Wednesday, November 14th**  
**9:00 a.m.-12:00 noon**



Supplies are limited

#### DIABETES EDUCATION & SUPPORT GROUP

**November 14th:**  
*"HOLIDAY STRESS"*

-----  
**December 19th:**  
*"New Diabetes  
Medication"*

**Free Haircuts & Manicures**  
Offered by the  
Asian American Beauty School



**Date: Tuesday, December 11th**  
*in the West Room*  
**Time: 10:00 a.m.-12:00 noon**  
**(First come; first served)**

*Unless otherwise noted, all health related presentations are given by: Jane Herin, RN, PHN*  
*Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency*  
**Information on Medi-Cal will be discussed.**



## UPCOMING EVENTS

### Do You Have Questions About Your Medication?

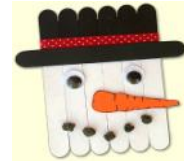
Bring your medication in a bag in their original containers to ask questions with a pharmacist.



Wednesday, November 7th  
1:00 p.m.-4:00 p.m.

### Holiday Craft Fair

Join us for a week of handmade crafts for sale in our Lobby!



Monday, November 26th-  
Friday, November 30th  
9:00 a.m.-1:00 p.m.

### Fall Silent Auction

Come by and delve through our treasures!



Begins:  
8:00 a.m.  
Tues, Nov. 13th  
Ends:  
1:00 p.m.  
Thurs, Nov. 15th

### Do You Love Classic Holiday Tunes?

We sure do!



Join the  
Singing  
Goodtimers

Monday,  
December 10th  
11:00 a.m.  
Dining Room

### The Westminster Senior Center Proudly Presents



### A Musical Revue

Helen Smith & Company will once again grace the stage and showcase their talent!

Thursday, December 6th  
10: 00 a.m.

Senior Center Dining Room



Do you have a talent you'd love to share during the Musical Revue?

Contact Helen Smith  
at the Senior Center.

## SENIOR CENTER CLASSES COASTLINE COMMUNITY COLLEGE

### *Adapted Fitness*

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters

### *Adapted Fitness*

Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters



### *Balance & Mobility*

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor
Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184.

Pre-registration is advised. Session begins August 27th and ends December 16th. All Coastline College classes require a Health Verification Form signed by the participant's doctor.

## HUNTINGTON BEACH ADULT SCHOOL



### *Introduction to Dance Aerobics*

Day	Time	Instructor
Monday	1:30 p.m.- 3:00 p.m.	J. Camarena

### *Dance Aerobics 2*

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

### *Dance Aerobics 2/3*

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

### *Dance Aerobics 3*

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 noon	J. Camarena

### *Dance Aerobics 4*

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

### *Low Impact Aerobics 2*

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

### *Stretch & Flex*

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 842-4227

Pre-Registration is advised. Session begins September 4th and ends December 21st.

## SENIOR CENTER

### *Beginning Computer Class*

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak

### *Intermediate Computer Class*

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

### *Longevity Stick*

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

### *Tai Chi*

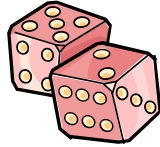
Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

\* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER \*

# SENIOR CENTER TRIPS

## DAY TRIPS

**PECHANGA INDIAN CASINO**  
 Wednesday, November 7th, 2012  
 Departs at 7:30 a.m. Returns 4:30 p.m.  
 Cost: \$ 33.00  
Includes: \$20.00 slot play



**HARRAH'S INDIAN CASINO**  
 Thursday, January 17th, 2013  
 Departs at 8:00 a.m. Returns 5:00 p.m.  
 Cost: \$15.00  
Includes: \$10.00 slot play

**BARONA INDIAN CASINO**  
 Wednesday, February 6th, 2013  
 Departs at 8:00 a.m. Returns 5:00 p.m.  
 Cost: \$15.00  
Includes: 20% off Buffet!



**VALLEY VIEW INDIAN CASINO**  
 Thursday, February 21st, 2013  
 Departs at 8:00 a.m. Returns 5:00 p.m.  
 Cost: \$33.00  
Includes: \$15.00 in slot play

**PALA CASINO**  
 Tuesday, March 5, 2013  
 Departs at 9:00 a.m. Returns 5:30 p.m.  
 Cost: \$19.00  
Includes: Free show, 30% off buffet, and \$5.00 in slot play



**PECHANGA INDIAN CASINO**  
 Tuesday, April 9th, 2013  
 Cost: \$33.00  
 Departs: 8:30 a.m. Returns 5:00 p.m.  
Includes: \$20.00 in slot play



**U.S.S. MIDWAY**  
 Wednesday, April 24th, 2013  
 Cost: \$65.00  
 Departs: 8:00 a.m. Returns 6:00 p.m.  
Includes: Lunch at Hunter's Steakhouse

**SHARED TRIPS WITH COSTA MESA SR. CENTER**  
**DIANA-LEGACY OF A PRINCESS**  
 Wednesday, January 23rd, 2013  
 Cost: \$71.00  
 Departs: 8:30 a.m. Returns 4:00 p.m.  
Includes: Admission to exhibit and lunch at Buca di Peppo Italians Restaurant



**TASTE OF L.A. TOUR**  
 Tuesday, February 19th, 2013  
 Cost: \$81.00  
 Departs: 7:30 a.m. Returns 5:00 p.m.  
Includes: Lunch and snacks at Olvera St, Little Tokyo, Chinatown and Tam O'Shanter Inn

**DESCANSO GARDENS**  
 Wednesday, March 27th, 2013  
 Cost: \$64.00  
Includes: Garden tour and lunch at Souplantation



## OVERNIGHT TRIPS

### LAUGHLIN at the RIVERSIDE

*December 5<sup>th</sup>-7th, 2012*  
*(Wednesday-Friday)*

Package includes: 2 FREE Buffet PLUS Christmas Dinner Party  
 (sit-down Dinner with band and dancing and prize drawings!)

Depart: 8:00 a.m December 5th  
 Return: 6:00 p.m. December 7th  
 Cost: \$96 p/p double; \$116 single

**WAITING LIST ONLY**

### LAUGHLIN at the RIVERSIDE

*March 20th to 22nd, 2013*  
*(Wednesday-Friday)*

Package includes: FREE Buffets PLUS Special Laughlin Funbook

Depart: 8:00 a.m March 20th  
 Return: 6:00 p.m. March 22nd  
 Cost: \$99 p/p double; \$119 single


Monday	Tuesday	Wednesday	Thursday	Friday
<div>DECEMBER 2012</div>				
9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adapted Fitness-A/B Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-A/B 12:45 Bingo 1:00 Beginning Computer Class 1:30 Intro. to Dance Aerobics-E/W Room <div>3</div> <div>Tree Lighting Ceremony Tonight!</div>	7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room <div>4</div>	8:00 Preventative Health 9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 10:00 Adapted Fitness-E/W Room 11:00 Health Talk-Urinary Tract Infection-DR 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Adapted Fitness-E/W Room 12:00 Mexican Train Dominos-Room 10 12:45 Bingo <div>5</div>	8:30 ESL-Room 5 <b>8:30 Safety Driving Class</b> 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room <b>10:00 Talent Show/Birthday Lunch</b> 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room 3:00 Dance Aerobics 2/3-E/W Room <div>6</div> <div>Laughlin Trip December 5th-December 7th</div>	8:30 Tai Chi-E/W Room <b>8:30 Safety Driving Class</b> 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "Footloose"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 <b>11:30 Podiatrist by Appt.</b> 11:30 Lunch <div>7</div> <div>Open 8:00 AM-1:00 PM</div>
9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adapted Fitness-A/B Room <b>10:00 Hi-Cap by Appt.</b> <b>11:00 Singing Goodtimer's Holiday Music</b> 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-A/B Room 12:45 Bingo 1:00 Beginning Computer Class 1:30 Intro. To Dance Aerobics-E/W Room <div>10</div>	7:30 Chess Club-Room 1 8:30 ESL-Room 5 <b>9:00 Legal Aid by Appt.</b> 9:30 Stretch and Flex-E/W Room <b>10:00 Manicures &amp; Haircuts-West Room</b> 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room <div>11</div> <div>❄️</div>	<b>8:00 Commodities-Room 5</b> 8:00 Preventative Health 9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 10:00 Adapted Fitness-A/B Room <b>10:00 Scam Talk-DR</b> 11:45 Lunch 12:30 Adapted Fitness-A/B Room 12:30 Bunco-Room 10 12:45 Bingo <div>12</div>	8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room <b>11:00 HOLIDAY PARTY-E/W Room</b> 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room 3:00 Dance Aerobics 2/3-E/W Room <div>13</div>	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "The Lion in Winter"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div>14</div> <div>💡</div>
9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11-Last Class 10:00 Mah Jongg-Room 5 10:00 Adapted Fitness-A/B Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-A/B room 12:45 Bingo 1:00 Beginning Computer Class 1:30 Intro. To Dance Aerobics-E/W Room <div>17</div> <div>🎄</div>	7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room <b>10:00 Attorney-by appointment</b> 10:45 Low Impact Aerobics 2-E Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room <div>18</div>	8:00 Preventive Health 9:00 Balance & Mobility-A/B Room 9:00 Yarn Spinners-Room 1 10:00 Adapted Fitness-E/W Room 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Adapted Fitness-E/W Room 12:30 Diabetes Support Group-Room 5 12:45 Bingo <div>19</div> <div>🌿</div>	8:30 ESL-Room 5 9:00 Crafts-Room 1 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room 3:00 Dance Aerobics 2/3-E/W Room <div>20</div>	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "Dr. Seuss' The Lorax"</b> 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div>21</div> <div>Open 8:00 AM-1:00 PM</div>
<div> <div>🎄</div> <div>CLOSED FOR HOLIDAY BREAK</div> <div>🎄</div> </div>				
<div>We re-open Wednesday, January 2, 2013</div>		<div>All dates, times and locations on this calendar are subject to change. Not all activities may be listed.</div>		



### Senior Lunch Menu - December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Beef Tamales Spanish Rice 4 Way Salad Mix with 1,000 Island Dressing Fruited Gelatin Juice 	Salisbury Steak with Gravy Mashed Potatoes Broccoli Wheat Bread & Margarine Pineapple Cake with Whip Topping Diet: Diet Cake with diet topping	Chicken with Plum Sauce Jasmine Rice Oregon Blend Vegetables Wheat Bread & Margarine Fresh Fruit	<b>Birthday Celebration</b> Tuna Noodle Casserole 4 Way Salad Mix with Ranch Dressing Green Beans Wheat Bread & Margarine Apple Crisp	<b>Split Pea Soup</b> w / Crackers Chicken Salad Sandwich Wheat Bun Diced Cucumber & Tomato Salad with Ranch Dressing Fresh Fruit
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Baked Ham with Glazed Sauce Yams & Marshmallows Peas & Onions Wheat Bread & Margarine Mandarin Oranges	<b>Cream of Potato Soup</b> Chicken Breast with Herb Gravy Mixed Vegetables Wheat Bread & Margarine Fruit Pie	Baked Ziti Italian Blend Vegetable Green Salad With Italian Dressing Wheat Bread & Margarine Pineapple Chunks	<b>Winter Celebration</b> Chicken Cordon Bleu Baby Baker 4 Way Salad Mix with Ranch Dressing Capri Blend Vegetables Hawaiian Roll Cheesecake	Sliced Pork with Ginger Sauce White Rice Oriental Blend Hawaiian Roll & Margarine Lemon Pudding
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Homemade Beef Stew Winter Blend Mix Green Salad with Ranch Dressing Cornbread Muffin & Margarine Diced Apples	<b>Vegetable Pasta Soup</b> w/ Crackers Tuna Salad Sandwich Cold Quinoa Salad Wheat Bread Ranger Cookie Orange Juice	Pork Chili Verde Spanish Rice Pinto Beans Flour Tortilla Vanilla Pudding Pineapple Juice	<b>Corn Chowder Soup</b> w / Crackers Breaded Pollack Fish with Tartar Sauce Diced Tomato & Onion Salad Wheat Bread & Margarine Seasonal Fresh Fruit	Roast Beef & Mushroom Gravy Mashed Potatoes CA Blend Vegetables Wheat Bread & Margarine Chilled Purple Plums 
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>	<b>Closed for the Holiday</b>
<b>31</b>				
<b>Closed for the Holiday</b>				

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily.  Indicates sodium content over 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls